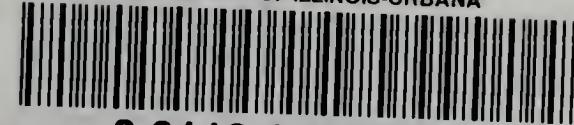


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The
ILLINOIS
Department on Aging
CARES

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- senior centers
- recreation
- housing
- meal programs
- income stretchers
- employment
- health care
- volunteer efforts
- adult education

1-800-252-8966
(Voice and TDD)

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So you're 55, or 60, or 65 plus and live in Illinois

Perhaps you are thinking about retirement...a change of lifestyle...more time to do the things you want to do...extra visits with family...doing some traveling...moving into a new living arrangement.

Whatever your choices, look around you...Illinois has what it takes for a whole lifetime of opportunity.

If You Want to Meet Others

Senior centers have become special places for many of the 1.9 million persons age 60 and over in Illinois. Active, interesting individuals gather here for fellowship, recreation and a noon meal. Many centers also offer transportation and legal services, exercise programs and tax assistance, along with various other activities. Check your phone book for the one nearest you, or call your Area Agency on Aging.

If You Want to Travel, Hunt, Fish, Camp, etc.

Don't forget that Illinois has its own special travel highlights. There are many day and weekend trips just a few hours away. For copies of the *Illinois Calendar of Events* contact the Department of Commerce and Community Affairs, Division of Tourism, 1-800-252-8987 in Illinois, or 1-800-637-8650 elsewhere.

If you are 65 or older, you can obtain a Golden Years Fishing and Hunting License by contacting the Illinois Department of Conservation, (217) 785-3423 in Springfield or (312) 814-2070 in Chicago.

If you are 62 or older, you can obtain a Golden Age Passport, which provides free lifetime admission to national parks, monuments and recreation areas. Check with officials at your nearest national park.

Have fun camping, too -- From Monday through Thursday, persons 62-64 can camp at state-managed campgrounds for half rate and those 65 and over can camp for free.

If You're Looking for Housing Options

The Department on Aging and the Illinois Housing Development Authority have made a joint effort to identify housing for the elderly in your county. For information, call the Department on Aging toll-free, 1-800-252-8966 (Voice and TDD).

If You Want to Stretch Your Income

Illinois helps older citizens stretch their incomes further through various programs.

- Circuit Breaker is a program providing tax relief to eligible persons in the form of a property tax/rent relief grant and an additional tax relief grant. For information, contact the Illinois Department of Revenue, 1-800-732-8866.
- The Homestead Exemption allows older homeowners to have their real estate taxes reduced regardless of their income or the original amount of real estate taxes. For information, contact your County Supervisor of Assessments.
- Pharmaceutical assistance for heart and blood pressure drugs, as well as medicine for the treatment of diabetes and arthritis, is available through a program administered by the Department of Revenue, 1-800-732-8866.
- Supplemental Security Income (SSI) provides a minimum of income for the aged, blind or disabled who may not

qualify for regular Social Security. If you have little regular income and few assets, you may be eligible. Contact the Social Security Administration at 1-800-234-5772.

If You Need Employment

Many employment and training opportunities are available statewide for individuals 55 and over. For more information, contact your local Job Service Office or your Area Agency on Aging.

If You Need Health Insurance Information

For Medicare information, call the Health Care Financing Administration at 1-800-642-6930. For Medicaid information, call your local Public Aid Office. The Department of Insurance answers questions and complaints about insurance companies, and administers the Senior Health Insurance Program (SHIP). For information, call (217) 782-4515 in Springfield or (312) 814-2427 in Chicago.

If You or Someone You Know is Physically Impaired and Needs In-Home or Day Care Services or Other Help

If you are unable to get around as easily as you used to, find it difficult to do house cleaning and laundry, and have no family or friends able to help, you may be eligible for Community Care Program services. Or, if you are caring for an elderly parent, you may want to find out how to receive assistance. Call the Department on Aging, 1-800-252-8966 (Voice and TDD).

The Illinois Department of Rehabilitation Services offers a Directory of Services for the physically disadvantaged and operates a Disabled Individuals Assistance Line (DIAL). Call 1-800-233-3425, (Voice and TDD).

If You or Someone You Know Needs Nursing Home Care

Illinois has many good nursing homes, and residents are protected by efficient enforcement of health standards and a statewide system of ombudsmen. To obtain a guide on selecting a nursing home or alternative care programs, contact the Illinois Department on Aging, 1-800-252-8966 (Voice and TDD). For help with complaints about nursing home care, call 1-800-252-4343.

If You Want to Help Others

Illinois has a range of volunteer opportunities for seniors. For example, the Retired Senior Volunteer Program (RSVP) offers positions in hospitals, schools, home-delivered meal programs and community service agencies. The Department on Aging also coordinates Nursing Home Ombudsman Programs statewide. Call 1-800-252-8966 (Voice and TDD). For information on other volunteer programs, call Senior and Voluntary Action, Office of the Lieutenant Governor, (312) 814-5220.

If You Have Questions About Crime or Consumer Fraud

The Attorney General's Office works statewide to combat consumer fraud and crime against the elderly. Call toll-free, 1-800-243-5377, Chicago, or 1-800-252-2518, Springfield. The Department on Aging also has a slide program and brochures that provide tips on how to prevent fraud and other con games. Call 1-800-252-8966.

If You Need Help with Heating Bills or Home Weatherization

The Department of Commerce and Community Affairs administers the Low Income Home Energy Assistance Program and the Illinois Home Weatherization Assistance

Program. Call toll-free 1-800-252-8643, or check with the Community Action Agency in your area about similar programs.

If Adult Education Interests You

Your local school district may offer adult education classes, or check with the nearest community college or university to find out about their programs. Reduced tuition or fee waivers are often available for older persons. Another exciting educational opportunity is Elderhostel, a special low-cost residential academic program combining learning with travel. Call (217) 529-0567.

If You Want to Know About Other Programs

The Illinois Department on Aging can tell you how to find out more about other services, such as those relating to Alzheimer's Disease, elder abuse, etc.

The Department also operates a Speakers Bureau and audio-visual library, and can provide a list of its publications. Call toll-free 1-800-252-8966 (Voice and TDD).

The Illinois Department on Aging works closely with, and provides state and federal funding to, 13 Area Agencies on Aging. These agencies are responsible for planning services and programs for older persons in their respective areas and can provide more detailed information about local programs. If you are not sure how to contact the Area Agency serving your county, call the Illinois Department on Aging toll-free, 1-800-252-8966 (Voice and TDD).

Did You Know?

The Department on Aging and Area Agencies on Aging make it possible for local service providers to receive funding for a variety of programs. You may be interested in knowing some facts that illustrate our efforts to effectively serve Illinois' older adults:

- Over 136,000 seniors participate in meal programs annually, and over 388,000 participate in other services ranging from senior center activities and transportation services to counseling and legal services.
- There are 624 group meal sites in Illinois providing an average of 18,000 meals per day. Another 15,900 meals per day are served to homebound seniors.
- Approximately 27,000 individuals who are a risk of institutionalization receive in-home or adult day care services, making it possible for them to continue living in their own homes and communities.
- Over 38,000 calls a year are handled by the Department on Aging's information and referral toll-free line, and over 276,000 seniors receive information and referral services through Area Agencies on Aging.
- Over 37,000 nursing home residents will be visited this year by the hundreds of volunteers associated with the Department's Nursing Home Ombudsman Program.
- Nearly 3,000 persons were diverted from nursing homes this past year, meaning that case managers determined that in-home care is more appropriate for their needs.

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- This year, Senior Employment Specialists at the Area Agencies on Aging will assist over 1,800 persons to obtain employment through linkages with training opportunities, Job Service and employers.
- The Department on Aging and seven national contractors have over 2,700 seniors presently enrolled in the Senior Community Service Employment Program, a program providing part-time employment opportunities for persons 55 and over who have limited income.

Illinois Department on Aging

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**100 West Randolph
Chicago, Illinois 60601**

**Governor Jim Edgar
State of Illinois**

**Director Victor L. Wirth
Illinois Department on Aging**

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in programs of activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging; for information, call 1-800-252-8966 (Voice & TDD).